



GREEN VALLEY  
JUNE 10TH-16TH

336-275-1391

6/10/2019 MONDAY	6/11/2019 TUESDAY	6/12/2019 WEDNESDAY	6/13/2019 THURSDAY	6/14/2019 FRIDAY	6/15/2019 SATURDAY	6/16/2019 SUNDAY
5:45AM LYNN <b>LES MILLS BODYPUMP</b>	** 6:00AM JAMES <b>LES MILLS GRIT SERIES</b>		6:00AM CHRISSY <b>Muscles</b>	** 6:00AM JAMES <b>LES MILLS GRIT SERIES</b>	8:00AM DANA <b>LES MILLS BODYSTEP</b>	8:00AM CHRISSY Free-style step
8:15AM JEN <b>LOW 30</b>	8:15AM CHRISSY KICKBOXING 30	8:15AM SABRINA <b>LES MILLS BODYSTEP</b>		8:15AM JEN <b>Muscles</b>	9:05AM JEN <b>sweat</b>	9:00AM DARREN <b>LES MILLS BODYPUMP</b>
8:45AM JEN	8:45AM CHRISSY					**10:15AM JAMES <b>LES MILLS GRIT SERIES</b>
<b>PILATES 30</b>	<b>MUSCLES 30</b>					
9:30AM NIKKI	9:30AM CHRISSY	9:30AM AUDREY	9:30AM JEN	9:30AM CHRIS	10:15AM AUDREY <b>LES MILLS BODYPUMP</b>	**DROP IN GRIT
CARDIO CIRCUITS	<i>DANCE &amp; SCULPT</i>	<b>Muscles</b>	<b>sweat</b>	<b>ZUMBA</b>	<b>LES MILLS BODYPUMP</b>	
10:35AM JEN	11:15 JEN		10:35 AM JEN	10:45AM JEN	11:15AM REBECCA	
<b>Foam Roller 20</b>	FLEXIBLE STRENGTH		<b>Foam Roller 20</b>	<b>HARDCORE</b>	<b>ZUMBA</b>	
11:15AM JEN	12:15 PM CHRIS	12:15 PM JEN	11:00AM REBECCA			
<b>LOW LITE</b>	<b>ZUMBA</b>	<b>ABS 30</b>	<b>ZUMBA</b>			
12:15PM JAMES		12:45 PM JEN	12:15PM REBECCA			
<b>LES MILLS BODYPUMP</b>		<b>LOW 30</b>	<b>LES MILLS BODYPUMP</b>			
4:30PM AUDREY	4:30PM DANA	4:30PM JEN	4:30PM JEN			
<b>LES MILLS BODYPUMP</b>	<b>sweat</b>	<b>Muscles</b>	<b>KICKBOXING</b>			
5:30PM KARLA	5:30PM DANA	5:45PM KARLA	5:30PM DARREN			
<b>LES MILLS BODYATTACK</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS SH'BAM</b>	<b>LES MILLS CXWORX</b>			
			6:00PM SABRINA <b>LES MILLS BODYSTEP</b>			
6:30PM CHRIS	6:30PM CHRISSY		6:30PM JAMES <b>LES MILLS BODYPUMP</b>			
<b>ZUMBA</b>	<b>sweat</b>					



\*\*Please speak with the front desk for information on our Les Mills GRIT programming.

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	6:00AM	6:00AM Kristy	6:00AM			
<b>OPEN YOGA</b>	<b>OPEN YOGA</b>	Morning Flow	<b>OPEN YOGA</b>			
9:30AM Nikki		9:30AM BARBARA	8:15AM Jen S.	9:30AM Lauren	9:00am Lora	10:30am Nikki
Yoga Level 2		Level 2	<b>Mat Pilates</b>	Power Flow Yoga	Yoga Level 2	Level 2
11:00AM Nikki	11:00AM SHEILA W.		11:00AM Nikki	11:00AM Anne H.	10:30AM Sheila	
Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	
12:15pm Sheila		11:00am Anne H.		12:15PM Anne H.		2:30pm Lance
<b>Level 1</b>				Deep Stretch Slow Flow		Gentle/Beg.
		12:15pm Anne H.				
		Slow Flow/Deep Stretch				
6:00PM LORETTA	6:00PM Barbara	6:00PM TONY	6:00PM Lance			4:00pm Lora
Yoga Level 2	Mixed Lev Flow Vinyasa	Level 2 Plus	<b>Yoga for Everyone</b>			Level 2

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MELISSA	5:30AM LISA B	5:45AM LISA B	6:00AM MARTHA	8:05AM MIKE C	8:00AM LISA B
	<b>SPIN</b>	<b>SPIN</b>	<b>SPIN</b>	<b>SPIN</b>	<b>LES MILLS RPM</b>	<b>SPIN</b>
9:30AM JEN		9:30AM JULIE		8:30AM NIKKI	9:15AM MARTHA	
<b>SPIN</b>		<b>LES MILLS RPM</b>		<b>SPIN</b>	<b>SPIN</b>	
12:15PM MARTHA	12:15PM JEN	12:15PM LISA B	12:15PM JULIE	12:15PM TIFFANY		
<b>SPIN</b>	<b>LES MILLS RPM</b>	<b>SPIN</b>	<b>LES MILLS RPM</b>	<b>SPIN</b>		
6:00PM LISA B	5:30 PM JODEE	6:00PM AUDREY	6:00PM AUDREY			
<b>SPIN</b>	<b>SPIN 45</b>	<b>LES MILLS RPM</b>	<b>SPIN</b>			

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA	8:30AM TABITHA	8:30AM LIZ	8:30AM LIZ	8:30AM ANNA	9:00AM RITA	**FEE BASED** The Hirsch Cancer Center Class is a fee based class with specific requirements to attend. To inquire, please contact info@hirschcenter.org
Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	
9:45AM TERESA	9:45AM TABITHA	9:45-10:30AM	9:45-10:30AM			
Gentle Aqua	Gentle Aqua	Open Water	Open Water			
					2:00PM **LINDA**	
					Hirsch Center Class	

Most accurate schedule is on our APP!-Download FREE from GooglePlay or AppStore-Search "ClubFitness Greensboro"